

Horace Greeley High School
Parent Presentation
Vaping, E-cigs and the Health
of Our Youth

Richard Stumacher, MD, FCCP
January 18, 2018

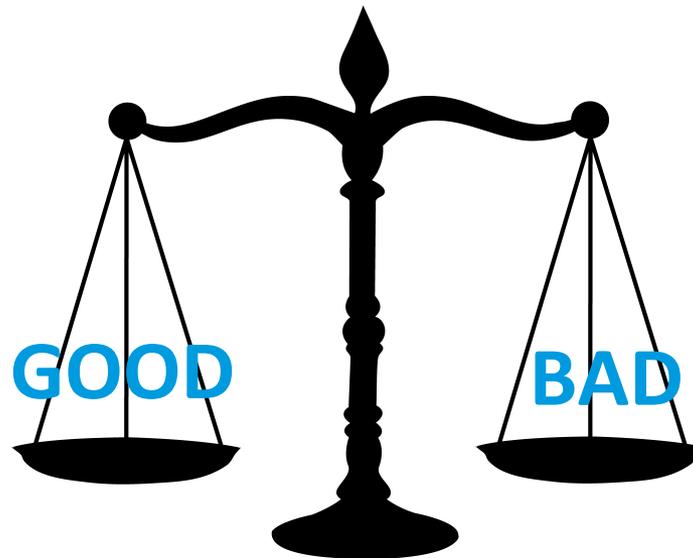


Northern Westchester Hospital
Northwell HealthSM

Vaping, E-Cigs and the Health of Our Youth

- Are Vaping, E-cigs healthy?
- Are Vaping, E-cigs harmful?

ENDS- Electronic **Nicotine** Delivery Systems

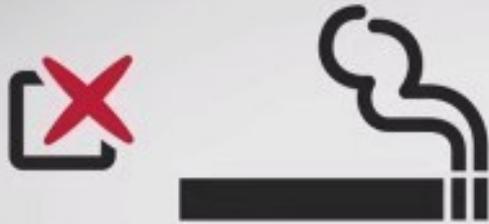




ISN'T WHAT
CREATES
THE ADDICTION

THE
TRUTH
ABOUT **VAPING**

VAPING IS NOT....



IF THERE WAS A VERSION
OF THIS WITH NO CANCER RISK,
WOULD YOU SWITCH?



WE DID, THANK YOU.

About 440,000 Americans die each year from diseases related to smoking.
90% of them started as teen smokers.



truth
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**IT'S THE NEXT
GENERATION
CIGARETTE.***
***FOR THE NEXT
GENERATION
OF ADDICTS.**



*
StillBlowingSmoke.org

Research and analysis

E-cigarettes: an evidence update

From: [Public Health England](#)
Part of: [Electronic cigarettes and Smoking](#)
Published: 19 August 2015
Last updated: 28 August 2015, [see all updates](#)

An expert review of the latest evidence concludes that e-cigarettes are around 95% safer than smoked tobacco and they can help smokers to quit.

Documents



[E-cigarettes: an evidence update](#)

Ref: PHE publications gateway number: 2015260
PDF, 2.07MB, 113 pages

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E-Cigarettes and Young People: A Public Health Concern



Talk with teens and young adults you know about the dangers of e-cigarette use.



NICOTINE

Nicotine is a powerful mood-altering substance that is extremely toxic and addictive

Facts about Nicotine

- Found only in the tobacco leaf.
- At low doses it can stimulate nerve cells.
- At high doses it is a poison that has been used as an insecticide.
- Two to three drops of pure nicotine can kill a person.



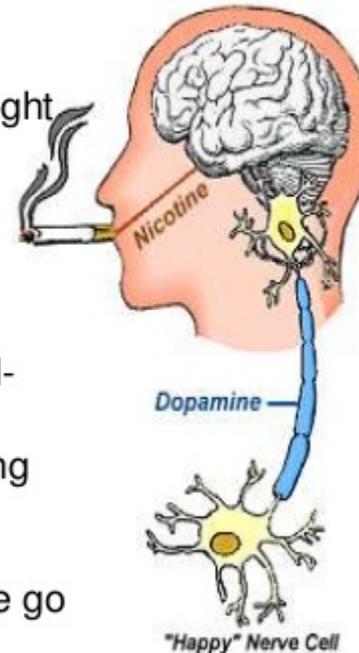
What does Nicotine do?

Takes 7 seconds for 1/4 of the nicotine to go straight to the brain.

Causes your brain to release a chemical called Dopamine.

It's Dopamine that gives you a false sense of well-being, and soon the body wants more and more Dopamine on a regular basis. This is the beginning of an addiction.

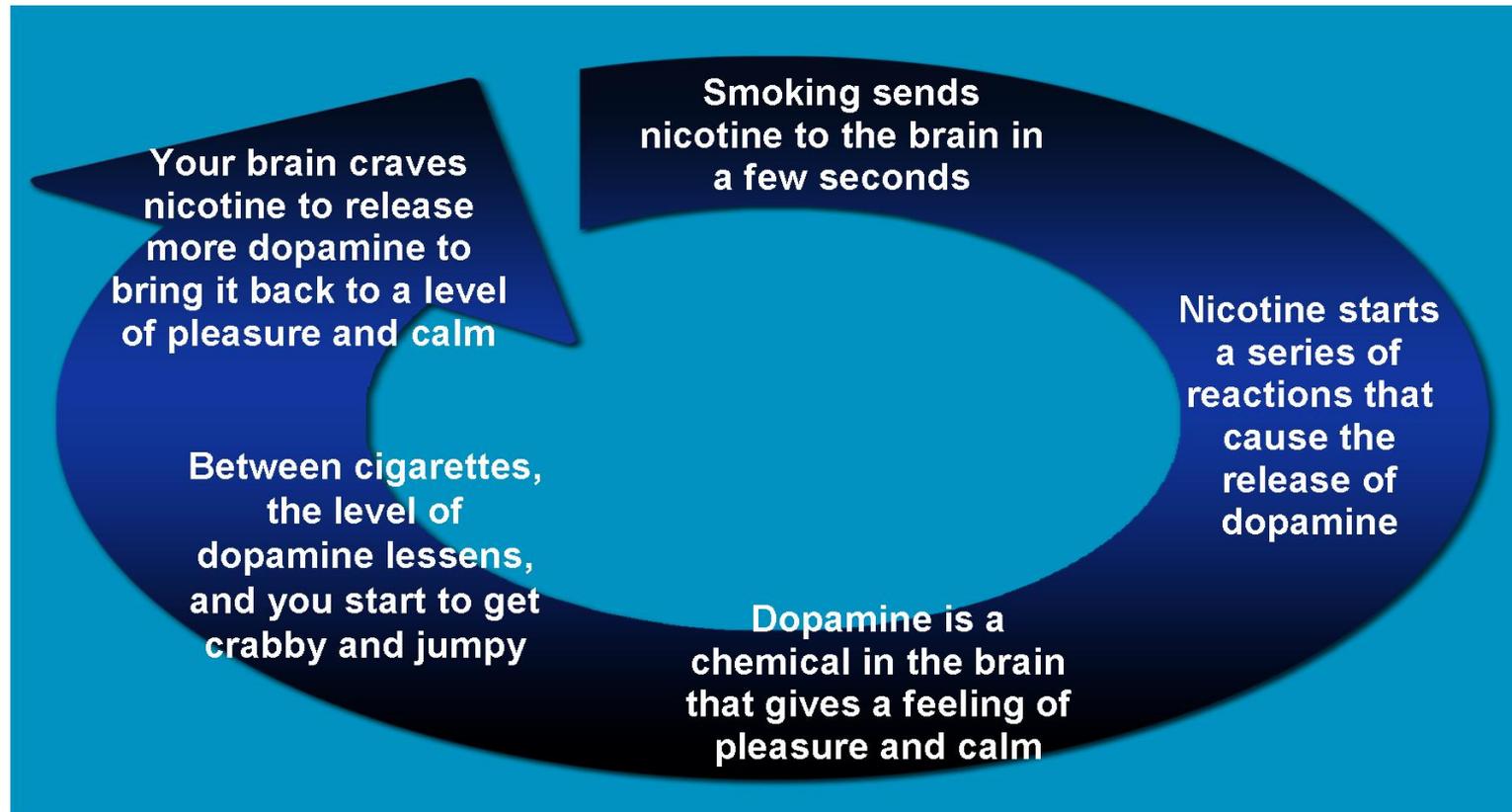
80% of young people who try 2 cigarettes or more go on to battle a life-time of addiction.



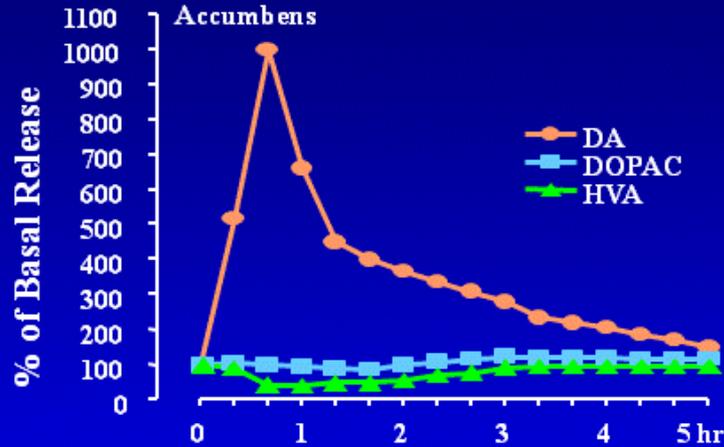
<http://www.finaismoke.com/howitworks.html>

Why It's So Hard to Quit

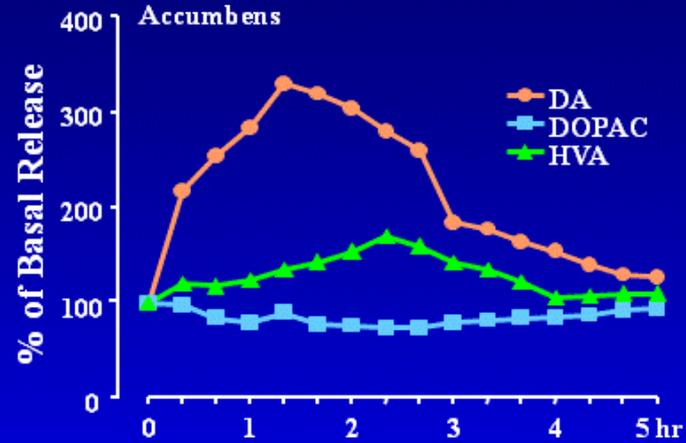
1. Physical addiction – comes from brain chemistry



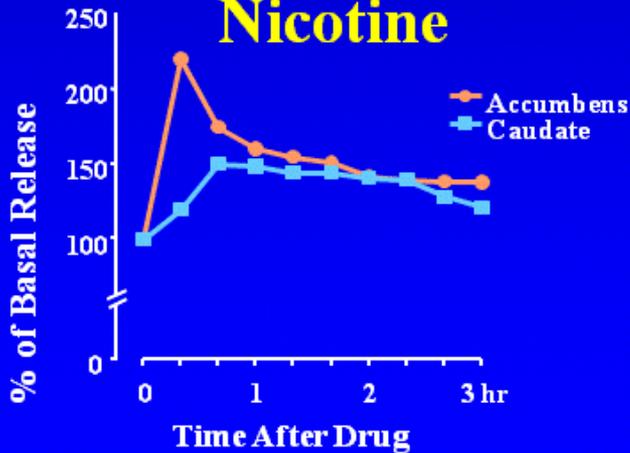
Amphetamine



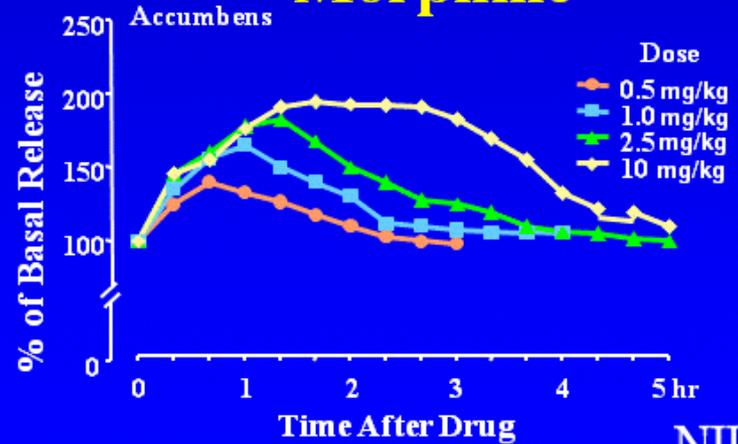
Cocaine



Nicotine



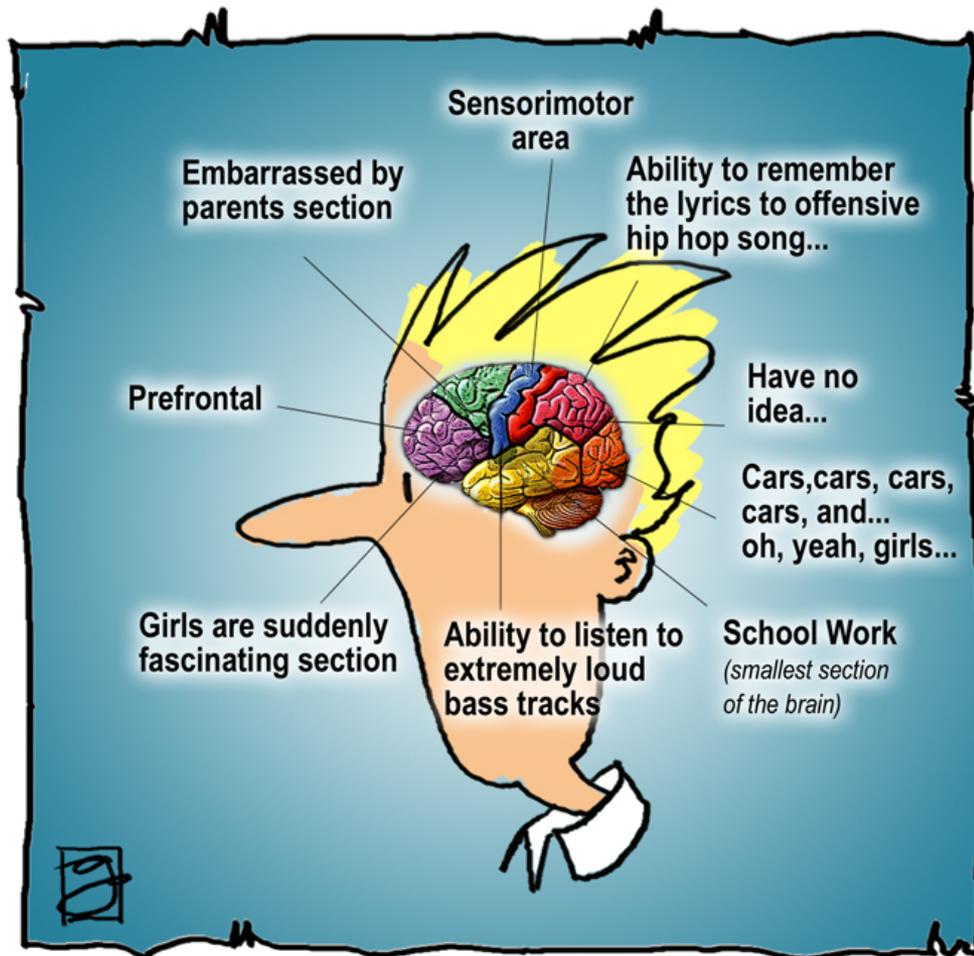
Morphine



Di Chiara and Imperato, PNAS, 1988

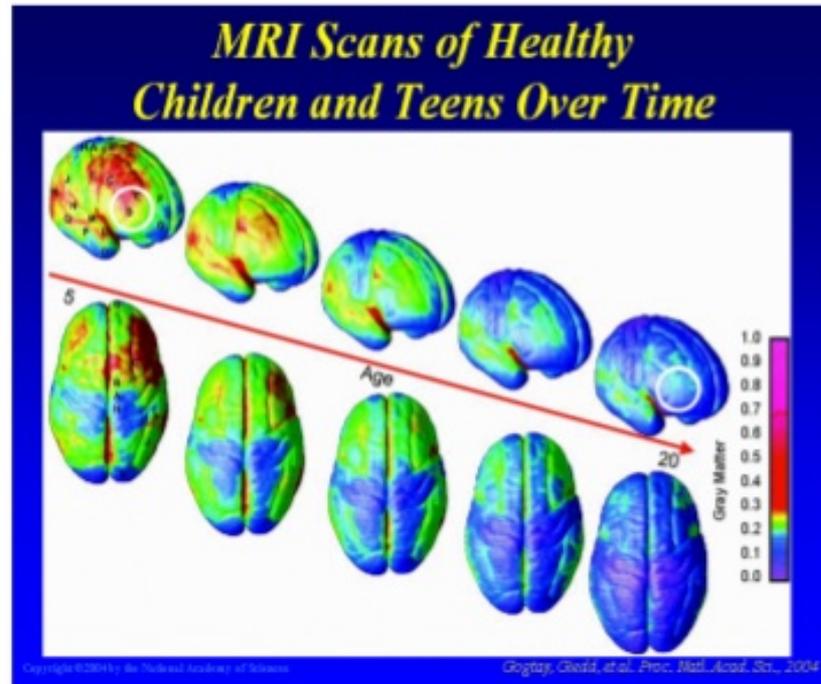
NIDA

Nicotine and the Adolescent/Teen Brain



Anatomy of a Teenager's Brain

The prefrontal cortex (white circle), which governs judgment and decision-making functions, is the last part of the brain to develop. This may help explain why teens, who are more prone to participating in risk-taking behavior, are particularly vulnerable to drug abuse



[Pharmacol Ther](#). Author manuscript; available in PMC 2010 May 1.

PMCID: PMC2746456

Published in final edited form as:

NIHMSID: NIHMS100350

[Pharmacol Ther](#). 2009 May; 122(2): 125–139.

Published online 2009 Mar 5. doi: [10.1016/j.pharmthera.2009.02.003](https://doi.org/10.1016/j.pharmthera.2009.02.003)

The Dynamic Effects of Nicotine on the Developing Brain

[Jennifer B. Dwyer](#), [Susan C. McQuown](#), and [Frances M. Leslie](#)

[Author information](#) ► [Copyright and License information](#) ►

- Can disrupt the growth of brain circuits that control attention, learning, and susceptibility to addiction

[Cold Spring Harb Perspect Med](#). 2012 Dec; 2(12): a012120.

PMCID: PMC3543069

doi: [10.1101/cshperspect.a012120](https://doi.org/10.1101/cshperspect.a012120)

EMSID: [EMS51138](#)

Short- and Long-Term Consequences of Nicotine Exposure during Adolescence for Prefrontal Cortex Neuronal Network Function

[Natalia A. Goriounova](#) and [Huibert D. Mansvelder](#)

[Author information](#) ► [Copyright and License information](#) ►

- Increase risk of psychiatric disorders, cognitive impairment, and attention deficit

[J Physiol](#). 2015 Aug 15; 593(Pt 16): 3397–3412.

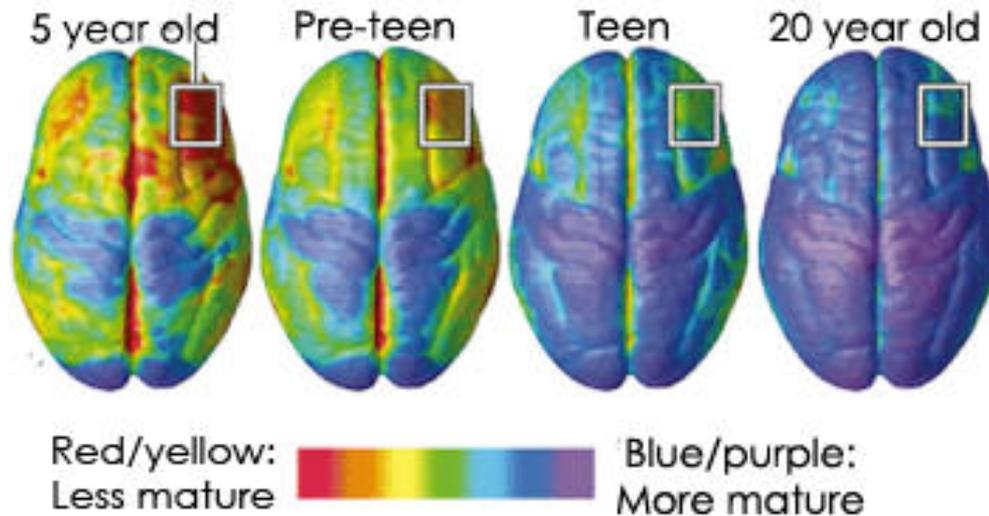
PMCID: PMC4560573

Published online 2015 May 27. doi: [10.1113/JP270492](https://doi.org/10.1113/JP270492)

Nicotine and the adolescent brain

[Menglu Yuan](#),¹ [Sarah J Cross](#),² [Sandra E Loughlin](#),¹ and [Frances M Leslie](#)^{1,2}

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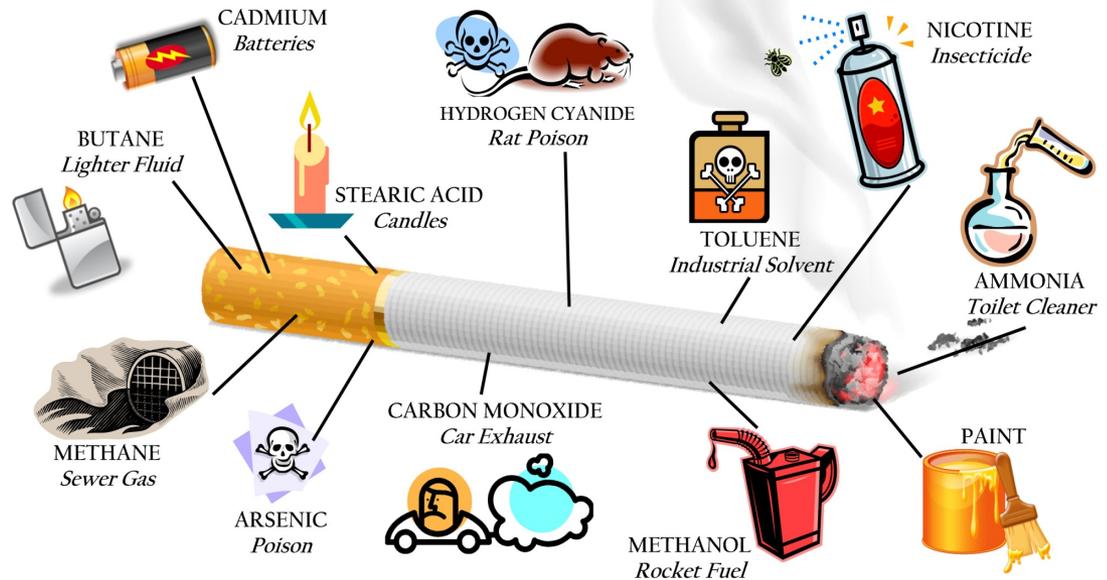
- Nicotine can disrupt the growth of brain circuits that control attention, learning, and susceptibility to addiction
- Increase risk of psychiatric disorders, cognitive impairment, and attention deficit

Are Vaping, E-cigs harmful?

Vaping, E-cigs

- Medical Community
 - Divided over data
 - Known chemicals in liquids that do cause diseases
 - No definitive research linking diseases to vaping (yet?)
- 2015- Science News-
“Dangers of Vaping”
- Mice lung studies-
 - Increase in inflammation and precancerous transformations
 - Decrease in immune response

What's in a Cigarette?



- > 7000 chemicals in cigarettes
- 79 harmful carcinogens in cigarettes

Harmful Chemicals in Electronic Cigarettes

While a limited number of studies have been conducted on electronic cigarettes to date and more studies are necessary, scientific studies have identified hundreds of chemicals in the vapor of mainstream smoke (inhaled by the person smoking) or in the secondhand side stream. Some of these are known to cause health effects, are toxic, or may cause cancer. A Greek study found cotinine — a byproduct of nicotine — samples in the blood of people exposed to electronic cigarette vapors had “similar nicotinic impact to tobacco cigarettes.” Like tobacco, the only way for cotinine appears in the blood of nonusers is through secondhand exposure. Based on the research to date, GASP of Colorado believes there is enough evidence to recommend that the public avoid exposure to secondhand electronic cigarette smoke.

Forty-Two Chemicals Identified in Electronic Cigarettes

✓ = exposure can be especially harmful to the health. Chemicals in red are emitted in secondhand smoke.

| | | | |
|------------------|------------------------|------------------------------------|--------------------|
| 2-butanone (MEK) | Butyl hydroxyl toluene | Limonene | Potassium |
| 2-furaldehyde | Cadmium ✓ | m,p-Xylen | Propanal ✓ |
| Acetaldehyde ✓ | Chromium ✓ | Magnesium | Propylene Glycol ✓ |
| Acetic acid | Copper | Manganese | Sulfur |
| Acetone ✓ | Crotonaldehyde | Nickel ✓ | Tin ✓ |
| Acrolein ✓ | Diethylene Glycol ✓ | Nicotine ✓ | Toluene ✓ |
| Aluminum | Formaldehyde ✓ | N-Nitrosornicotine ✓ | Valeraldehyde |
| Barium | Glyoxal | o-Methylbenzaldehyde ✓ | Zinc |
| Benzene ✓ | Iron | p,m-Xylene | Zirconium |
| Boron | Isoprene ✓ | Phenol ✓ | |
| Butanal | Lead ✓ | Polycyclic Aromatic Hydrocarbons ✓ | |

Specific Dangers of Some Electronic Cigarette Chemicals

- Harvard researchers- of 51 brands tested- 92% carried at least 1 chemical known to cause serious lung damage
- Flavorants- Diacetyl and Acetyl Propionyl- ‘Safe for Food Consumption’ (? Safe for Inhalation)
 - Diacetyl- Causes Popcorn Lung (used in microwave popcorn)- Bronchiolitis Obliterans
- Propylene Glycol (plastics and food processing) and Glycerin
- Breakdown products are carcinogenic (Formaldehyde and Acetaldehyde)

E-cigs lead to Cigarette Use

Vaping as a Catalyst for Smoking? An Initial Model on the Initiation of Electronic Cigarette Use and the Transition to Tobacco Smoking Among Adolescents

Sven Schneider, Dr Phil, Katharina Diehl, Dr Phil

Nicotine & Tobacco Research, Volume 18, Issue 5, 1 May 2016, Pages 647–653,
<https://doi.org/10.1093/ntr/ntv193>

Published: 18 September 2015 **Article history** ▼

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Research Letter FREE

November 8, 2016

Association of e-Cigarette Vaping and Progression to Heavier Patterns of Cigarette Smoking

Adam M. Leventhal, PhD¹; Matthew D. Stone, BA¹; Nafeesa Andrabi, BA¹; et al

> Author Affiliations | Article Information

JAMA. 2016;316(18):1918-1920. doi:10.1001/jama.2016.14649

Pediatrics
July 2016, VOLUME 138 / ISSUE 1

E-Cigarettes and Future Cigarette Use

Jessica L. Barrington-Trimis, Robert Urman, Kiros Berhane, Jennifer B. Unger, Tess Boley Cruz, Mary Ann Pentz, Jonathan M. Samet, Adam M. Leventhal, Rob McConnell

Article Figures & Data Supplemental Info & Metrics Comments

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Contents lists available at [ScienceDirect](#)

Addictive Behaviors

journal homepage: www.elsevier.com/locate/addictbeh



Electronic cigarette use and uptake of cigarette smoking: A longitudinal examination of U.S. college students



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Kenneth S. Kendler ^e, Danielle M. Dick ^{c,d,f,g,**}

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^g College Behavioral and Emotional Health Institute (COBE), Virginia Commonwealth University, Richmond, VA, United States

HIGHLIGHTS

- E-cig and cigarette use has not been studied in college students longitudinally.
- Ever and current e-cig use increased non-smokers chances of trying cigarettes.
- Historically internalizing/externalizing factors predict cigarette uptake strongly.
- Most internalizing/externalizing factors examined did not predict e-cig uptake.
- Males and marijuana users were more likely to initiate e-cig use.

Drug and Alcohol Dependence 163 (2016) 261–264



Contents lists available at [ScienceDirect](#)

Drug and Alcohol Dependence

journal homepage: www.elsevier.com/locate/drugalcdep



Short communication

E-cigarette use and subsequent cigarette and marijuana use among Hispanic young adults



Jennifer B. Unger ^{*}, Daniel W. Soto, Adam Leventhal

University of Southern California Keck School of Medicine, 2001 N. Soto St., SSB 302, Los Angeles, CA 90089, United States

RESEARCH

Electronic cigarette use and smoking initiation among youth: a longitudinal cohort study

David Hammond PhD, Jessica L. Reid MSc, Adam G. Cole MSc, Scott T. Leatherdale PhD

■ Cite as: *CMAJ* 2017 October 30;189:E1328-36. doi: 10.1503/cmaj.161002

ABSTRACT

BACKGROUND: The influence of e-cigarette use on smoking initiation is a highly controversial issue, with limited longitudinal data available for examining temporal associations. We examined e-cigarette use and its association with cigarette-smoking initiation at 1-year follow-up within a large cohort of Canadian secondary school students.

METHODS: We analyzed data from students in grades 9–12 who participated in 2 waves of COMPASS, a cohort study of purposefully sampled secondary schools in Ontario and Alberta, Canada, at baseline (2013/14) and 1-year follow-up (2014/15). We assessed cigarette

smoking and e-cigarette use at baseline and follow-up using self-completed surveys. We used generalized linear mixed-effects models to examine correlates of past 30-day e-cigarette use at baseline and smoking initiation between waves within the longitudinal sample.

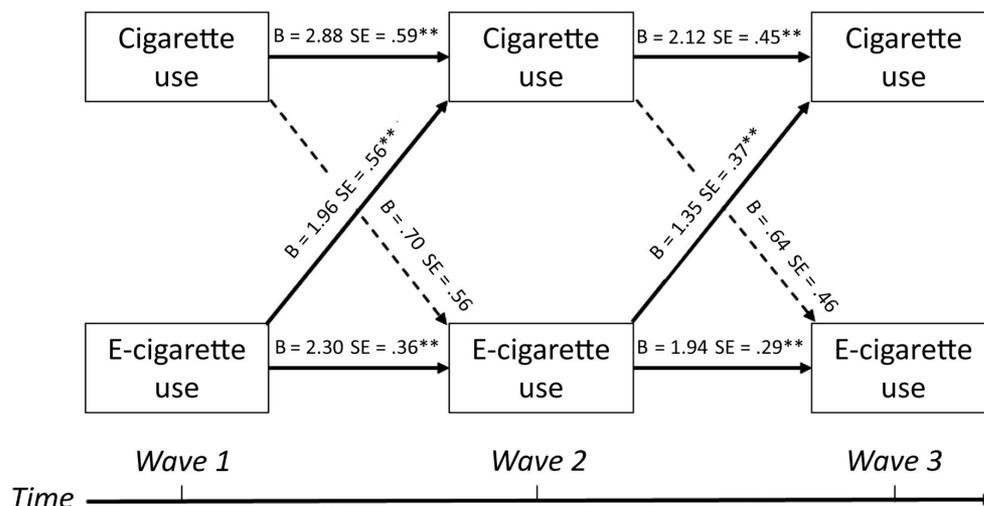
RESULTS: Past 30-day e-cigarette use increased from 2013/14 to 2014/15 (7.2% v. 9.7%, $p < 0.001$), whereas past 30-day cigarette smoking decreased slightly (11.4% v. 10.8%, $p = 0.02$). Among the 44 163 students evaluated at baseline, past 30-day e-cigarette use was strongly associated with smoking status and smoking susceptibility. In the longitudinal

sample ($n = 19\,130$), past 30-day use of e-cigarettes at baseline was associated with initiation of smoking a whole cigarette (adjusted odds ratio [OR] 2.12, 95% confidence interval [CI] 1.68–2.66) and with initiation of daily smoking (adjusted OR 1.79, 95% CI 1.41–2.28) at follow-up.

INTERPRETATION: E-cigarette use was strongly associated with cigarette smoking behaviour, including smoking initiation at follow-up. The causal nature of this association remains unclear, because common factors underlying the use of both e-cigarettes and conventional cigarettes may also account for the temporal order of initiation.

Trajectories of E-Cigarette and Conventional Cigarette Use Among Youth

Krysten W. Bold, Grace Kong, Deepa R. Camenga, Patricia Simon, Dana A. Cavallo, Meghan E. Morean, Suchitra Krishnan-Sarin



CONCLUSIONS: E-cigarette use was associated with future cigarette use across 3 longitudinal waves, yet cigarette use was not associated with future e-cigarette use. Future research needs to examine mechanisms through which e-cigarette use leads to cigarette use. E-cigarette regulation and prevention programs may help prevent future use of cigarettes among youth.

Trajectories of E-Cigarette and Conventional Cigarette Use Among Youth

Krysten W. Bold, Grace Kong, Deepa R. Camenga, Patricia Simon, Dana A. Cavallo, Meghan E. Morean, Suchitra Krishnan-Sarin

Discussion

This study is the first to examine reciprocal relationships between past-month e-cigarette and cigarette use among high school youth using 3 waves of matched longitudinal data. We found that e-cigarette use is prospectively associated with a greater risk of future conventional cigarette use, while controlling for the autoregressive effects of stability of use over time. Importantly, we also observed that this risk is unidirectional, such that cigarette use was not significantly associated with e-cigarette use over time. The observed relationships were consistent across unadjusted models and when including covariates known to relate to cigarette and e-cigarette use (eg, sociodemographic characteristics, other tobacco use). Furthermore, rates of past-month cigarette and e-cigarette use increased significantly across our 3 waves of assessment, indicating more youth were using these products over time, which is consistent with epidemiologic evidence of higher rates of tobacco use as youth age.^{1,21} The rising frequency of recent e-cigarette use among youth over time is concerning, especially in light of evidence that e-cigarette use is a significant risk factor for future conventional cigarette use.

HEALTH

Marijuana and Vaping Are More Popular Than Cigarettes Among Teenagers

By JAN HOFFMAN DEC. 14, 2017



The Juul brand e-cigarette, which resembles a flash drive, is popular among underage vapers. Conventional cigarette smoking has dropped so sharply among American teenagers that marijuana use and vaping are now more common. Suzanne Kreiter/The Boston Globe, via Getty Images

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E-Cigarette Use by U.S. Teenagers Rose Last Year, Report Says APRIL 14, 2016



New York State Bans Vaping Anywhere Cigarettes Are Prohibited OCT. 23, 2017



December 14, 2017
Contacts: Nicholas Prieur, 734-763-5043, nufpresrelease@umich.edu

Tables summarizing estimates for the drugs discussed below, as well as additional drugs, are here: <https://goo.gl/w78A3e>
The findings summarized here will be published by the end of January in a forthcoming volume.

National Adolescent Drug Trends in 2017: Findings Released



National Institute on Drug Abuse
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Vaping popular among teens; opioid misuse at historic lows

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NIH’s 2017 Monitoring the Future survey shows both vaping and marijuana are more popular than traditional cigarettes or pain reliever misuse

December 14, 2017

Nearly 1 in 3 students in 12th grade report past year use of some kind of vaping device, raising concerns about the impact on their health. What they say is in the device, however, ranges from nicotine, to marijuana, to “just flavoring.” The survey also suggests that use of hookahs and regular cigarettes is declining. These findings come from the 2017 Monitoring the Future (MTF) survey of eighth, 10th and 12th graders in schools nationwide, reported today by the director of the National

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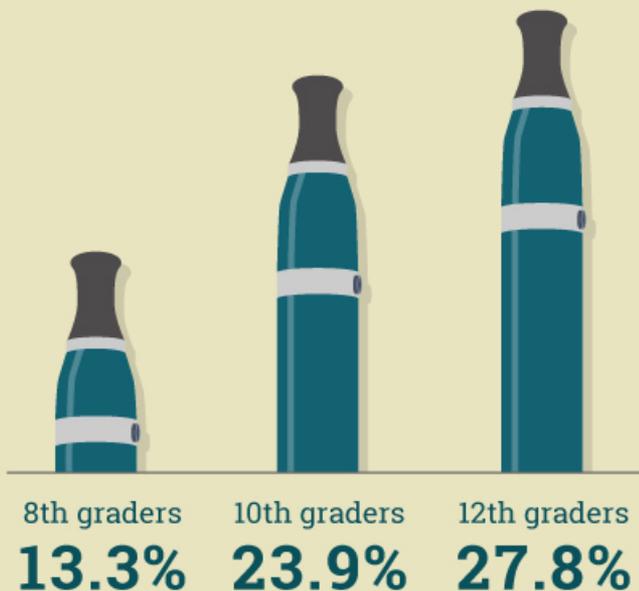
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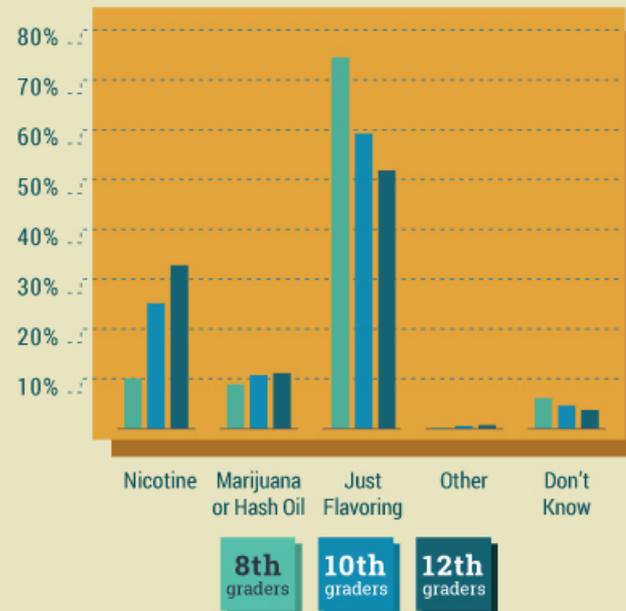


NIDA Media Guide

PAST-YEAR E-VAPORIZER USE AND WHAT TEENS ARE INHALING



When asked what they thought was in the e-vaporizer mist students inhaled the last time they smoked, these were their responses:



NEARLY 1 IN 3 STUDENTS IN 12TH GRADE REPORT PAST-YEAR USE OF E-VAPORIZERS, RAISING CONCERNS ABOUT THE IMPACT ON THEIR LONG-TERM HEALTH.





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Original Investigation

ONLINE FIRST

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January 2, 2018

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Association of Noncigarette Tobacco Product Use With Future Cigarette Smoking Among Youth in the Population Assessment of Tobacco and Health (PATH) Study, 2013-2015

Shannon Lea Watkins, PhD¹; Stanton A. Glantz, PhD²; Benjamin W. Chaffee, DDS, PhD³

Design, Setting, and Participants In this prospective cohort study of the Population Assessment of Tobacco and Health (PATH) waves 1 (September 12, 2013, to December 14, 2014) and 2 (October 23, 2014, to October 30, 2015), a nationally representative sample of youths who never smoked a conventional cigarette at baseline and completed wave 2 follow-up (N=10 384) was studied. PATH retention at follow-up was 87.9%.

Exposures Ever use and past 30-day use of electronic cigarettes (e-cigarettes), hookah, noncigarette combustible tobacco, or smokeless tobacco at baseline.

Main Outcomes and Measures Ever use and past 30-day use of cigarettes at follow-up.

Results The present analysis was based on the 10 384 PATH youth respondents who reported never having smoked a cigarette in wave 1 and whose cigarette ever or past 30-day use was reported in wave 2 (mean [SD]

Conclusions and Relevance Any use of e-cigarettes, hookah, noncigarette combustible tobacco, or smokeless tobacco was independently associated with cigarette smoking 1 year later. Use of more than 1 product increased the odds of progressing to cigarette use.

Medical Community's Opinion

E-cigs, Vaping

- Harm Reduction- ENDS result in less harm than cigarette use
- ENDS maybe a useful as a tool in smoking cessation
- There are chemicals in ENDS products known to cause diseases
- There is very little evidence to date of specific diseases caused by ENDS use
- Risk of fire from the electrical elements of ENDS
- ENDS use leads to increase likelihood of smoking cigarettes/THC

Nicotine

- Nicotine can be dangerous if ingested in very high quantities
- Nicotine is one of the most addictive substances known
- Nicotine crosses the placenta and affects fetal and postnatal development
- Nicotine use affects the developing brain
 - Can disrupt the growth of brain circuits that control attention, learning, and susceptibility to addiction
 - Increase risk of psychiatric disorders, cognitive impairment, and attention deficit

NICOTINE MORE HARMFUL THAN YOU THINK

NO AMOUNT IS SAFE FOR YOUTH

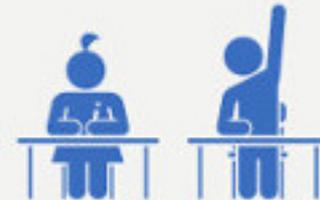
It's highly addictive.



It harms the health of unborn children.

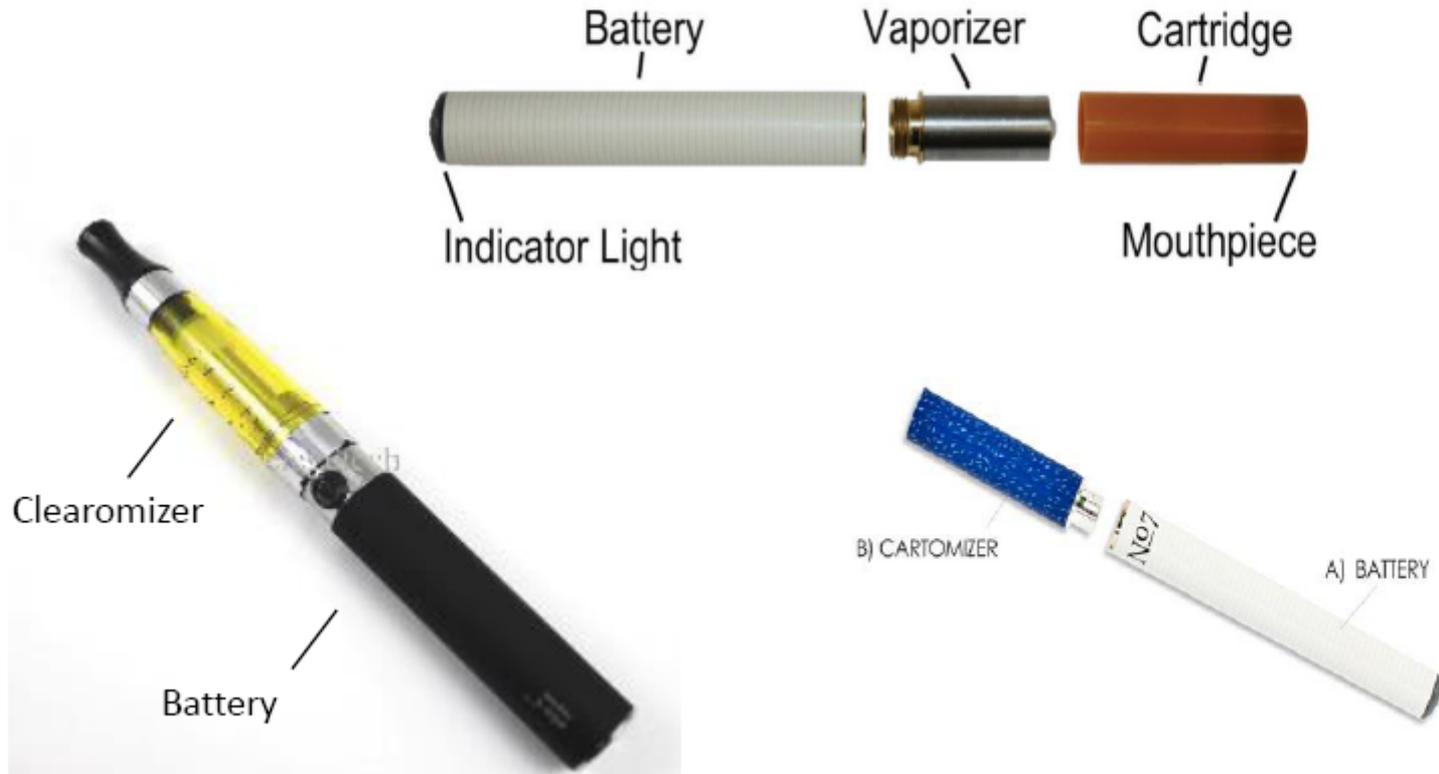


It can harm adolescent brain development.



What is an electronic cigarette?

- Heats a nicotine solution to create an aerosol for inhalation



Read the fine print...

How many cigarettes = 1 pod?

“One JUULpod is approximately equivalent to 1 pack of cigarettes or 200 puffs.”

Are you going to make non-nicotine juice?

“At this time *all our JUULpods include nicotine.*”

JUUL
SMOKING EVOLVED



Read the fine print...

JUUL
SMOKING EVOLVED



Can you speak to the health and safety of this product?

“No tobacco or e-liquid product should ever be considered "safe". We encourage consumers to do their own research regarding vapor products and what is right for them.”

“Inhalation of e-vapor may aggravate existing respiratory conditions. If you do not currently use nicotine-containing products, we recommend that you do not start.”

“JUUL incorporates several consumer protections, including a sophisticated temperature control system which is optimized to maintain the temperature needed for optimal vaporization and is designed **to avoid combustion.**”

What is Vaping: Vaping Safety Tips

Here are a few things you can do to ensure the safety of yourself as well as others around you:

- ▶ If you don't already smoke, do *not* start vaping now.
- ▶ Choose the best vaping gear from the most renowned manufacturers because low-quality vaporizers can pose several threats and risks to your health that may not even be related directly to vaping.
- ▶ Avoid vaping in places where smoking is prohibited.
- ▶ For a healthier lifestyle, eliminate nicotine from your e-liquids. Most manufacturers allow you to choose a nicotine strength, which makes it easy to gradually cut down the intake and eventually vape e-liquids with 0% nicotine.
- ▶ Always prefer child-proof bottles for your e-juices, and keep them out of reach of children and pets because if an e-liquid contains nicotine, it can be poisonous if ingested.
- ▶ Take precautionary measures to ensure battery safety, especially if you are using the 18650 vape batteries. Don't use a charger other than the one recommended by the manufacturer; don't overcharge or over-discharge the batteries; store the batteries which are not in use in a safe place (preferably in a plastic case); and don't carry loose batteries in your pocket.



Convenient to carry !



Vaping and the dangers we know!!!!



Marijuana Wax: (Dabbing)

Derived directly from marijuana and is commonly known as Butane Hash Oil (BHO), honey oil, budder, and shatter.

Contains a higher concentration of (THC) extract than cannabis, which is the chemical responsible for the psychological effects on the brain.

- Impaired judgment
- Poor concentration
- Short-term memory loss
- Impaired motor skills
- Suppression of the immune system
- Personality and mood changes
- Reduced sexual capacity
- Sensory distortion
- Vomiting
- Severe withdrawal symptoms
- Paranoia
- Anxiety
- Severe psychological symptoms

The butane left in the substance poses various health risks including:

- Permanent damage to the brain and central nervous system
- Increased heart rate
- Loss of consciousness

THE FACTS ABOUT MARIJUANA CONCENTRATES

WHAT ARE MARIJUANA CONCENTRATES?

Also known as: *710* (the word “OIL” flipped and spelled backwards), wax, ear wax, honey oil, budder, butane hash oil, butane honey oil (BHO), shatter, dabs (dabbing), black glass, and errl.

WHAT IS IT?

A marijuana concentrate is a highly potent THC- (Tetrahydrocannabinol) concentrated mass that looks like honey or butter. For that reason, it's often called “honey oil” or “budder” on the street.



HOW POTENT IS THIS FORM OF MARIJUANA?

Marijuana concentrates contain extraordinarily high THC levels ranging from 40 to 80 percent THC amounts. This form of marijuana can be up to four times stronger in THC content than high grade or top shelf marijuana, which normally measures around 20 percent THC levels.

HOW IS IT ABUSED?

One form of abuse occurs orally by infusing marijuana concentrates in various food or drink products. Smoking remains the most popular form of ingestion by use of water or oil pipes.

Many abusers of marijuana concentrates also prefer using an e-cigarette/vaporizer because it is smokeless, odorless and easy to hide. The user takes a “dab” of the concentrate, then heats the substance using the e-cigarette/vaporizer, producing vapors that ensure an instant high.

Using an e-cigarette/vaporizer to ingest marijuana concentrates is commonly referred to as “dabbing” or “vaping.”

WHAT ARE THE EFFECTS OF USING MARIJUANA CONCENTRATES?

Being a highly concentrated form of marijuana, the effects upon the user may be more psychologically and physically intense than plant marijuana use.

To date, long term effects of marijuana concentrate use are not yet fully known; but, we do know the effects of plant marijuana use. These effects include **paranoia, anxiety, panic attacks, and hallucinations**.

Additionally, the use of plant marijuana increases one's heart rate and blood pressure. Plant marijuana users may also experience withdrawal and addiction problems.

Products, Ingredients & Components > Vapes, E-Cigs, Hookah Pens, and other Electronic Nicotine - Microsoft Internet Explorer p

https://www.fda.gov/TobaccoProducts/Labeling/ProductsIngredientsComponents/ucm45661

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Plant to Product to Puff

Cigars, Cigarillos, Little Filtered Cigars

Dissolvable Tobacco Products

Flavored Tobacco

Harmful and Potentially Harmful Constituents (HPHCs)

Hookah Tobacco (Shisha or Waterpipe Tobacco)

Menthol Cigarettes

Nicotine Gels

Pipe Tobacco

Roll-Your-Own Tobacco Products

Smokeless Tobacco Products, Including Dip, Snuff, and Chewing Tobacco

Vapes, E-Cigs, Hookah Pens, and other Electronic Nicotine Delivery Systems (ENDS)

Vapes, vaporizers, vape pens, hookah pens, electronic cigarettes (e-cigarettes or ecigs), and e-pipes are some of the many terms used to describe electronic nicotine delivery systems (ENDS).



These products use a liquid "e-liquid" that may contain nicotine, as well as varying compositions of flavorings, propylene glycol, vegetable glycerin, and other ingredients. The liquid is heated into an aerosol that the user inhales.

ENDS may be manufactured to look like conventional cigarettes, cigars, or pipes. Some resemble pens or other everyday items. Larger devices, such as tank systems or mods, bear little or no resemblance to cigarettes.

On this page, you can find:

- [Statistics about Electronic Nicotine Delivery System Use](#)
- [FDA Regulation of Electronic Nicotine Delivery Systems and E-Liquids](#)
- [Manufacturing Electronic Nicotine Delivery Systems and E-Liquids](#)
- [Required Nicotine Addictiveness Warning on Packages and Advertisements](#)
- [Retail Sales of Electronic Nicotine Delivery Systems and E-Liquids](#)
 - [Vape Shops That Mix E-Liquids or Modify Products](#)
- [Importing Electronic Nicotine Delivery Systems and E-Liquids](#)
 - [Report a Problem with a Tobacco Product or Potential Tobacco Product Violations](#)

Statistics about Electronic Nicotine Delivery System Use

- More than 2 million middle and high school students were current users of e-cigarettes in 2016.^{1,2}
- 11% of high school and 4.3% of middle school students were current users of e-cigarettes in 2016.¹
- E-cigarette use rose from 1.5% to 16.0% among high school students and from 0.6% to 5.3% among middle school students from 2011 to 2015.¹
- In 2013-2014, 81% of current youth e-cigarette users cited the availability of appealing flavors as the primary reason for use.³

FDA Regulation of Electronic Nicotine Delivery System

In 2016, FDA finalized a rule extending CTP's regulatory authority to cover all tobacco products, including electronic nicotine delivery systems (ENDS) that meet the definition of a tobacco product. FDA now regulates the

100%

2:32 PM
8/23/2017

TOBACCO

- 555
- B&H
- Cool
- Crazy Hump
- Cuban Cigar
- Cured Tobacco
- DK-Tab
- Havana Cigar
- M-Mix
- M-Mix House Blend
- M-Mix Red
- M-Mix Special Blend
- P-Mix
- RY4
- Skinny V
- Smooth
- Tobacco
- W-Mix

MENTHOL

- Alpine Fresh
- Crazy Chill
- Crazy Freeze
- Cream de Menthe
- Extreme Ice
- Jungle Juice
- M-Mix Menthol
- Menthol
- N-Mix
- Peppermint Frost
- S-Mix
- Skinnv V Menthol

FRUITS

- Banana Cream
- Beach Bum
- Berry Blast
- Blueberry
- Coconut
- Crazy Berry
- Dragon Fruit
- Fresh Apple
- Fruit Suicide
- Georgia Peach
- Green Apple
- Honey Dew Melon
- Mango
- Perfect Peach
- Pineapple
- Pomegranate
- Raspberry
- Swamp Frog
- Strawberry
- Strawberry Banana
- Strawberry Kiwi
- Strawberry Lemonade
- Sweet Strawberry
- Sweet Tangy Melon
- Sweet Watermelon
- Watermelon
- Wild Crazy Cherry

CANDY

- Blueberry Cotton Candy
- Butterscotch
- Candy Cane
- Caramel
- Circus Cotton Candy
- Crazy Rainbow
- Peppermint
- Sour Apple
- Spearmint
- Sweet Tart
- The Sweets
- Twisted Grape
- Winterfresh
- Zombie Blood
- Zombie Juice

DESSERTS

- Apple Pie Ala Mode
- Banana Nut Bread
- Blueberry Cheesecake
- Peanut Butter
- Twisted Cookie
- Banilla Bean Ice Cream
- Vanilla Custard
- Yellow Cake

DRINKS

- Caramel Cappucino
- Crazy Dew
- Island Getaway
- Raging Bull
- Shipwreck Berry



I Love Blue Raspberry Candy E Juice (60mL)

\$24.99



ADD TO CART



I Love Watermelon Candy E Juice (60mL)

\$24.99



ADD TO CART



Sour Sweet E-Juice By Naked 100 Candy

\$24.99



ADD TO CART



Pink E Juice By Beard Vape Colors



Banana Milk By Moo E Liquids



Meteor Milk E Juice By Space Jam



e-Liquid Flavors

MADE IN THE UNITED STATES
LAB PRODUCED

Exotic

1. Aphrodite
2. Blue Palms
3. ButterHotz
4. Dew Blast
5. Fire Bomb
6. Fruity Pebbles
7. Cool Aid
8. Pecan Pie
9. Infernomint
10. Hive Nectar
11. Jamoconut
12. Kiwi Dream
13. Lime Sherbert
14. Lion's Blood
15. Iced Apple
16. Gummy Punch
17. Mythical Reserve
18. Orange Sherbert
19. Papa Bear
20. Papa Smurf
21. Peguseuss
22. RazzBull
23. RazzLemade
24. Red Palms
25. Red Hot Gummies
26. ROKStar
27. Strawberry Fig
28. Sully
29. Watermelon-Bubbalicious

Fruity

30. Apple Snapz
31. Blueberry
32. Grape
33. Greek Candi
34. Green Apple
35. Juicy Lemon
36. Kiwi Strawberry
37. Larry's Lemonade
38. Lemon Meringue
39. Mogley
40. PMS
41. Pomegranate
42. Smoothie
43. Sour Berry
44. Strawberry
45. Tart Kiwi
46. Watermelon

Savory

47. Apple Krisp
48. Apple Pie
49. Bahama Mama
50. Banana Moon Pie
51. Blue Belgian
52. Blueberry Crumble
53. Boston Cream Pie
54. Bubbalicious
55. Buttery Nipple
56. Carmel Waffle
57. Cherry Banana Custard
58. ChocoEclair
59. Chocolate Almond
60. Chocolate Donut
61. Cinaswirl Danish
62. Cinnamon Coffee Cake
63. Cinnamon Roll
64. Cinnamon Toast Crunch
65. Coffee Delight
66. Cotton Candy
67. Double Fudge Brownie
68. French Toast Krunch
69. Nanna Waffle
70. New England Cheesecake
71. Ocean Blue Breeze
72. Peaches N Cream
73. Peanut Butter Crunch
74. Reeses Cup
75. Sour Gummi
76. StarBux
77. Strawberries N Cream
78. Strawberry Graham
79. Strawberry Ice Cream
80. Sugar Cookie
81. Vanilla Smoothie

Nicotine Strengths

0mg 8mg 16mg 24mg

30mL Bottle - \$16.99

Tobacco

82. Blue-Bacco
83. Camel Sands
84. Cherry Pipe
85. Granny's Sweet
86. Hannibal's Choice
87. Honeywood
88. Latakia
89. Reds
90. RY-More

Menthol

91. Ande'z
92. Berry Blast
93. Candy Cane
94. Cool Lights
95. Frescada
96. Kiwi Mint Brezer
97. Latakia Mintol
98. Menthol Kings
99. Paradise Cooler
100. RY-Mintol
101. Turkish Mintol

Flavors of the Week 30mL Bottle for \$14.99!

33. Greek Candi

Red and, Green Apple are back with a good friend to pump up the sweet!

81. Vanilla Smoothie

A creamy and, refreshing vape for those days of relaxation.

Ingredients: USP Propylene Glycol, USP Kosher Vegetable Glycerin, Food Grade Natural and/or Artificial Flavoring, Nicotine

201 SMOKE SHOP

WATER PIPES | VAPORIZERS | E-LIQUIDS & MORE

BREAKFAST

BANANA PANCAKE
Fluffy buttermilk banana pancakes drizzled with syrup.

COOKIE MILK
Crispy chocolate chip cookie cereal with milk.

BREAKFAST BERRIES
Sweet crispy cereal with fruity crunch berries.

SWEETS

VAPEDAY
Soft caramel topped with salted peanuts.

KRISP
Crispy marshmallow cereal bar.

PEANUT BUTTER CUP
Milk chocolate cup filled with peanut butter.

SOUR WATER MELON
Sour & Sweet watermelon gummies.

DRIBBLES
Colorful drops bursting with fruit flavor.

BAKED GOODS

APPLE CARAMEL MUFFIN
Fresh and warm apple muffin with caramel drizzle.

CINNAYUM
Baked Cinnamon bun topped with icing.

CREPE
Thin crepe rolled with nutella, banana and strawberry.

RASPBERRY DOUGHNUT
Original glazed doughnut with tangy raspberry filling.

BOSTON APPLE DOUGHNUT
Boston creme doughnut topped with green apple crumb.

DESSERT

COOKIES N CREAM
Vanilla ice cream topped with oreos.

FROSTED LOOPS DOUGHNUT
Vanilla frosted doughnut topped with fruity cereal loops.

TRES LECHES
Three layer sponge cake soaked in sweet milk.

MINT I MENTHOL

MINTY THIN CRISPS
Vanilla wafers in minty chocolate.

RED TWIST
Refreshing strawberry menthol.

GREEN FIST
Original menthol.

BLUE KISS
Blueberries and mint.

FRUITS

IBIZA
Mixture of premium tropical fruits.

TWISTED
Strawberry and kiwi.

SPACE
Lemonade of the Gods.

XXX
Acai, blueberry, pomegranate.

BEVERAGES

CHAI
Blackberry Tea sweetened with natural honey.

COCOA LECHE
Chocolate milk

FRAPPENILLA
Coffee blended with ice, milk, and vanilla.

GRAPE SODA
Grape flavored soft drink.

DR VAPOR
Soft drink with a burst of flavors.

ZONA
Peach Ice Tea.

WWW.201SMOKESHOP.COM

Dr. Stumacher's Opinion

- Are Vaping, E-cigs healthy? Are Vaping, E-cigs harmful?
 - *Distractor Questions*- intended to draw focus from (in my opinion) the most important question
- *Should we allow our youth to Vape?* The answer is **NO**.
- THERE IS NO ACCEPTABLE REASON ANY YOUTH/ADOLESCENT SHOULD BE VAPING.

Dr. Stumacher's Opinion

- Vape's/E-cigs are an acceptable tool to use for smoking cessation or as a substitute for smoking in those who have *failed smoking cessation*
- Non-nicotine ***flavored vaping liquid*** is a gross and obvious ***gateway product*** aimed at youth to enter into the nicotine addiction market place
- There is a significant amount of money to be made to turn your child into a nicotine addict
- You should protect your child from becoming enslaved by nicotine, the most addictive substance known. Your loved one will spend an incredible amount of time, money, and emotion battling this addiction over the course of their lives.

Dr. Stumacher's Opinion



What can YOU do?

- Educate yourselves
- Have open, honest CONVERSATIONS with your kids
- Meet with school leadership
- Local government- legislation

JUUL STARTER KIT VAPING MADE EASY



**JUUL PODS
BACK IN STOCK**

• 2/3/2017 • VAPE PKWY • LIMITED SUPPLY



**CREME
BRULEE**



**COOL
MINT**



**FRUIT
MEDLEY**



**MANGO
COMING SOON!**



PHIX





Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents



BEFORE THE TALK

Know the facts.

- Get credible information about e-cigarettes and young people at E-cigarettes.SurgeonGeneral.gov.

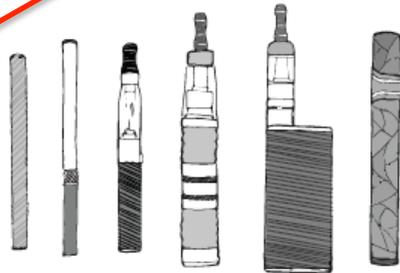
Be patient and ready to listen.

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture. ★
- It's OK for your conversation to take place over time, in bits and pieces.

Set a positive example by being tobacco-free.

- If you use tobacco, it's never too late to quit. For free help, visit smokefree.gov or call 1-800-QUIT-NOW.

Ask- Don't Tell



START THE CONVERSATION

Find the right moment.

- A more natural discussion will increase the likelihood that your teen will listen. Rather than saying "we need to talk," you might ask your teen what he or she thinks about a situation you witness together, such as:
 - » Seeing someone use an e-cigarette in person or in a video.
 - » Passing an e-cigarette shop when you are walking or driving.
 - » Seeing an e-cigarette advertisement in a store or magazine or on the internet.



Ask for support.

- Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counselors whom you know are aware of the risks of e-cigarettes.
- These supportive adults can help reinforce your message as a parent.

ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

Why don't you want me to use e-cigarettes?

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

- The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.

What's the big deal about nicotine?

- Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
- Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.

- I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

→ *Aren't e-cigarettes safer than conventional cigarettes?*

- Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
- Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
- Some e-cigarette batteries have even exploded and hurt people.

→ *I thought e-cigarettes didn't have nicotine—just water and flavoring?*

- I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
- Let's look at the Surgeon General's website on e-cigarettes (E-cigarettes.SurgeonGeneral.gov) together so you can see for yourself.

→ *I (or my friends) have tried e-cigarettes and it was no big deal.*

- I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.

→ *You used tobacco, so why shouldn't I?*

- If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke. This was really scary, so I quit smoking.
- Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.



KEEP THE CONVERSATION GOING

Many parents find that texting is a great way to reach their teens. Here are some suggestions for text messages that might catch your teen's attention. And, you can easily share pages of the website (E-cigarettes.SurgeonGeneral.gov) with your teen.



Look for this symbol, click it, type in the message you want or use the message provided, and share with your teen via Facebook, Twitter, or email.

Connect and encourage.

- You always liked science. Check out the science about e-cigarettes and young people. E-cigarettes.SurgeonGeneral.gov
- Getting off nicotine is hard but I'm so happy I quit. Don't make that mistake and get addicted. Smoking and tobacco use, including using e-cigarettes, are unsafe for young people.

Remind and repeat.

- Most teenagers don't use e-cigarettes. E-cigarettes with nicotine can mess with your brain, and your brain is still developing until you are at least 25.
- You might be tempted by e-cigarette flavors, but inhaling certain flavorings that have been found in some e-cigarettes can be harmful.

Share facts and resources.

- Just learned that many e-cigarettes have nicotine in them. That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development.
- Just saw a report from the Surgeon General that e-cigarettes can mess with how your brain develops and might even affect your mood and focus. Please don't use any products that contain nicotine.
- Hope none of your friends use e-cigarettes around you. Even breathing the cloud they exhale can expose you to nicotine and chemicals that can be dangerous to your health.



Governor Cuomo Proposes More Disclosure for Online Political Ads in New York



How Cuts in Basic Subway Upkeep Can Make Your Commute Miserable



Janet Elder, a Top Editor at The Times, Is Dead at 61

PAID POST: NORTHERN TRUST How to Build a Financial Legacy



Feliça Ferioj! Toasting the Holidays in Esperanto

N.Y. / REGION

New York State Bans Vaping Anywhere Cigarettes Are Prohibited

By SARAH MASLIN NIR OCT. 23, 2017



POLICY SOLUTIONS TOBACCO / E-CIG MARKETING

Maureen Kenney
POW'R Against Tobacco
The American Lung Association



WHAT TOBACCO/E-CIG SALES LOOKS LIKE:



CURRENT NEW YORK STATE TOBACCO/ E-CIGARETTE LEGISLATION (VAPING)

- **Clean Indoor Air Act (CIAA)**
 - prohibits the smoking of tobacco (i.e., cigarettes, cigars, pipe or any other matter or substance containing tobacco) in nearly all indoor and certain outdoor public and work places. Effective November 22, 2017, the law also applies to vaping, which is the use of electronic cigarettes and similar devices.
- **Smoking and Vaping Prohibited on Hospitals and Residential Health Care Facilities Grounds**
 - This amendment to the New York State Public Health Law prohibits smoking outdoors on the grounds of hospitals and residential health care facilities. Smoking is prohibited within 15 feet of a building entrance or exit and within 15 feet of the entrance to or exit from the grounds. Effective November 22, 2017, the law also prohibits vaping (use of electronic cigarettes and similar devices).
- **Smoking and Vaping Prohibited at Playgrounds**
 - This amendment to the New York State Public Health Law prohibits smoking at New York playgrounds (as defined by the law) between sunrise and sunset when anyone under the age of twelve is present. Effective November 22, 2017, the law also prohibits vaping (use of electronic cigarettes and similar devices).
- **Liquid Nicotine Sales and Packaging**
 - Prohibits the sale of liquid nicotine to minors (under the age of 21 in New York City and Albany, Cattaraugus, Chautauqua, Cortland, Orange, Schenectady, Suffolk, Sullivan and Tompkins counties, under age 19 in Nassau and Onondaga counties and under 18 in the rest of the state).



POLICY SOLUTIONS

- **Local governments can limit potential exposure to secondhand vapors simply by amending the definitions of smoke and smoking in local smoke free laws to include e-cigarettes and e-cigarette vapor.**
- Alternatively, communities may create new laws specifically to limit where e-cigarettes may be used.

It is important for communities to have strong tobacco-free outdoor air policies in place!



POLICY SOLUTIONS

Communities can regulate tobacco sales by requiring such businesses to have a tobacco retailer license in order to sell tobacco and e-cigarettes. The number of tobacco retail stores can be reduced by:

- capping the number of licenses available in a community,
- restricting the sale of tobacco in a certain type of store such as pharmacies,
- and restricting tobacco sales near schools or other youth centers. (ie: No tobacco sales within 1,000 feet of a school or youth center)

This helps state and local governments ensure that retailers comply with restrictions on e-cigarette sales, as well as regulations on the sale of other tobacco products like traditional cigarettes, cigars, and smokeless tobacco.



For more information on policy solutions and to show your support please visit:

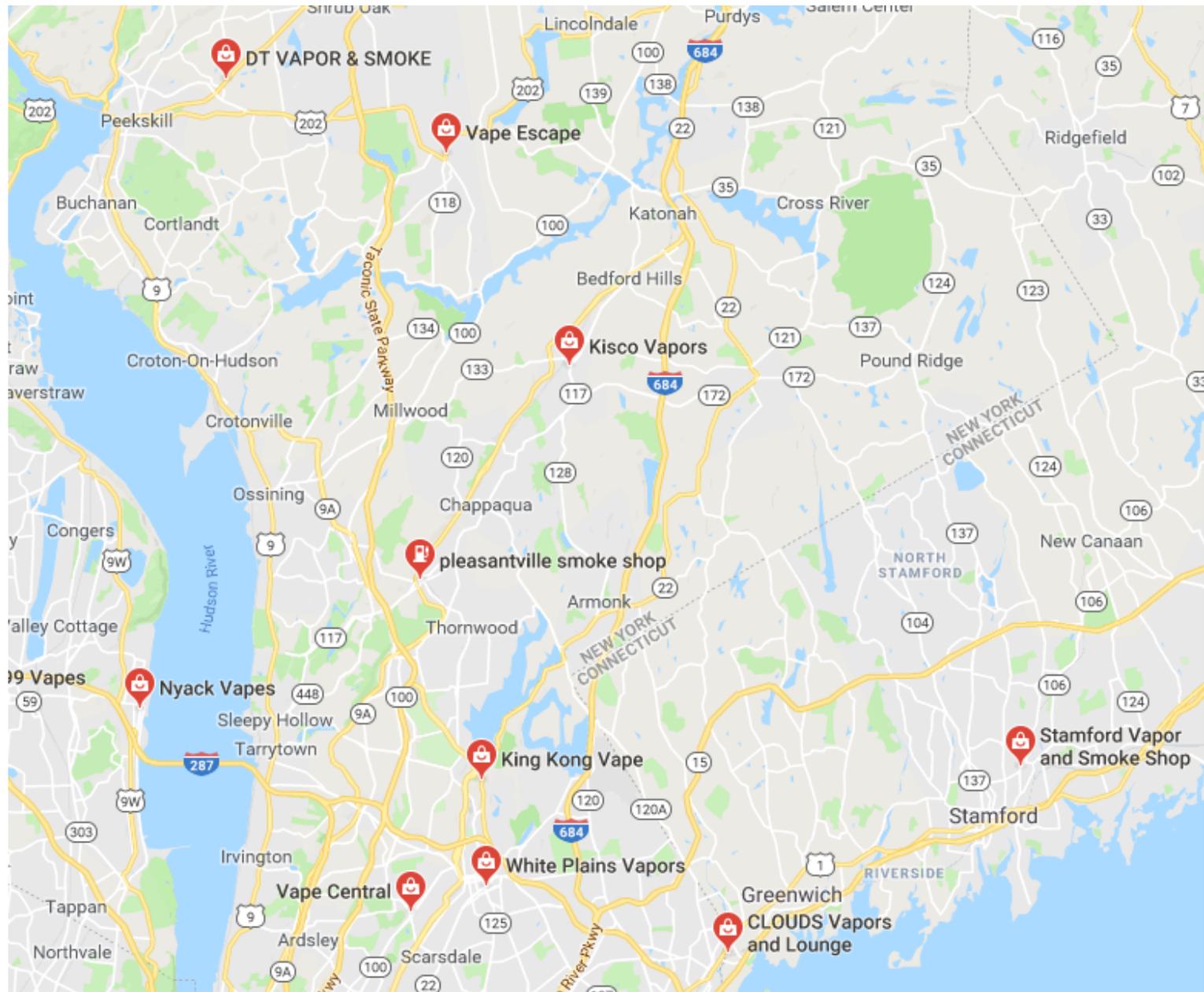
SeenEnoughTobacco.org

Maureen Kenney, Director POW'R Against Tobacco

Maureen.Kenney@lung.org

PowerAgainstTobacco.org





The top right corner of the slide features several white, thin-lined geometric shapes. These include a large right-angled triangle pointing downwards, a smaller right-angled triangle pointing to the left, and a larger right-angled triangle pointing downwards that overlaps with the first one. The shapes are arranged in a way that suggests movement or a sequence of steps.

Thank You